

• **St. Augustine's Church,**  
360-675-2303, Oak Harbor  
Agape Meals to Go, Pick-up Mon

• **Ryan's House for Youth**  
(Ages 12-24 Only)  
360-331-4575, Coupeville  
Three meals served daily  
• **North Whidbey Help House**  
360-675-0681 (M-F)

Oak Harbor to Greenbank Residents

• **Gifts From the Heart Food Bank**  
360-678-8312

Coupeville/Central Whidbey  
Residents Every other Wed  
(Inside Boys & Girls Club)



• **Good Cheer Food Bank**  
Langley 360-221-6454 (M-F)  
Download & print shopping list:  
<https://goodcheer.org/home/foodbank/>



■ **FOOD BANKS**  
**STANWOOD/**  
**CAMANO ISLAND:**  
• **Stanwood Camano**  
**Food Bank**  
360-629 2789 Stanwood  
[www.stanwoodcamanofoodbank.org/fight-hunger/#sign-up-services](http://www.stanwoodcamanofoodbank.org/fight-hunger/#sign-up-services)  
Food pickup on curbside  
Wed & Sat during COVID

## ► Camano Chapel

360-387-7202

Camano Island

His Pantry provides free food for those in need in local community.  
Open Mon 12:00-1:30 in the small sanctuary at the front of the campus.

## ► Community Resource Center

360-629-5257

Stanwood

- Food vouchers available for extreme circumstances when local food banks not open
- Financial help to avoid homelessness in form of hotel vouchers, state park vouchers, rent and/or mortgage assistance and move-in costs.
- Financial help in form of vouchers/cash for water and heat, fuel to get to needed appointments, work & school, necessary vehicle repair.



**Community Resource Center**

of Stanwood Camano

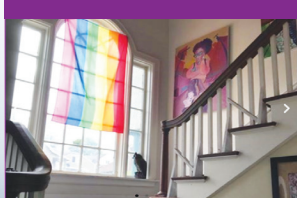
## ■ EMERGENCY HOUSING

► **The Haven** 360-320-7681  
(check-in by 6 pm) at Grace by the Sea 540 SE Pioneer, Oak Harbor

## ► Ryan's House

360-331-4575 For ages 18-24  
19777 SR-20 Coupeville

## OASIS TEEN SHELTER



## ► Oasis Teen Center

(Skagit Valley YMCA)

360-419-9058

Emergency Shelter for homeless or runaway teens ages 13-17, first come, first served in 9-bed/21-days; helps locate permanent housing for teens. Hours 6:30pm-7:45am  
125 N 5th St. Mount Vernon.



**HOUSING HOPE**  
we keep hope alive

## ■ HOUSING SUPPORT

### ► Housing Support Center

Island County 360-678-8284  
Mon-Fri 9-3 leave message after hours. Homeless? At risk of homelessness? Need help with rent, a deposit on housing or paying for utilities?

### ► Pioneer Transition House

360-336-0116  
1011 Digby Rd. Mount Vernon  
10-bed transitional coed housing for those with documented mental health and substance use disorder.

### ► Affordable apartments on Whidbey Island

For seniors and persons with disabilities  
Go to list "Subsidized Low Cost Housing in Island County" at bottom of this page▼  
<https://www.islandcountywa.gov/Humanservices/Pages/Affordablehousing.aspx>

### ► Lervick Family Village in Stanwood

425 347-6556  
Offers emergency shelter for up to 90 days; Offers help finding transitional housing & affordable rentals.



## ■ TRANSPORTATION

### ► Island Transit

360-678-7771

Offers free rides on Whidbey & Camano Islands Mon-Sat  
<https://www.islandtransit.org/>  
How-to-Ride-the-Bus

### ► NW Regional Council

800-860-6812

Offers transportation for medical Medicaid appointments.

### Skagit Transit

360-757-4433

### Community Transit

425-562-1375



This project was coordinated by the Island County Accessible Communities Committee.

Funding made possible through Governor Jay Inslee's Committee on Disability Issues and Employment. Information current as of 12/31/20.

# BEHAVIORAL HEALTH RESOURCE Guide

## FOR ISLAND COUNTY, WA

For a life-threatening emergency - always call 911

**CRISIS LINE 24-HOUR MENTAL HEALTH HOTLINE 800-584-3578**

For Island, Skagit, Snohomish & Whatcom Counties

## ■ SUICIDE PREVENTION HOTLINES

National Suicide Prevention Lifeline 24/7  
1-800-273-8255 or text HOME to 741741



1.866.TEENLINK(866-833-6546)

Phone/Text/Chat Options-Confidential and anonymous  
Help Line for teens in WA.

## ■ VETERAN SUICIDE HOTLINE

800-273-8255 press 1, text 838255, or chat online.

## ■ LGBTQ+ SUICIDE HOTLINE (Trevor Project)

1-866-488-7386 or Text START to 678-678

If you're thinking about suicide, you deserve immediate help.

## ■ DOMESTIC VIOLENCE/SEXUAL ASSAULT 24-HOUR ISLAND COUNTY CRISIS LINE (CADA)

360-675-2232 or 800-215-5669

## ■ NATIONAL DOMESTIC VIOLENCE HOTLINE

800-799-7233 Call 911 if in immediate danger.

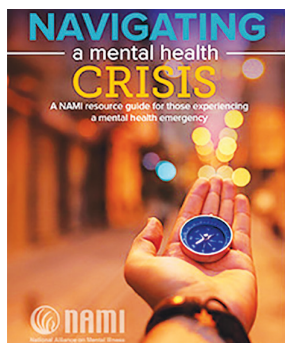
Call hotline if you have been abused by an intimate partner.

## HOW TO SLOW DOWN A MENTAL HEALTH CRISIS UNDERWAY

- Keep your voice calm
- Avoid overreacting
- Listen to the person
- Don't make judgmental comments
- Don't argue or try to reason with the person
- Express support and concern
- Avoid continuous eye contact
- Ask how you can help
- Keep stimulation level low
- Move slowly
- Offer options instead of trying to take control
- Avoid touching the person unless you ask permission
- Be patient
- Gently announce actions before initiating them
- Give them space, don't make them feel trapped

Submit updates to: Tiffany Wheeler-Thompson, Parent to Parent Coordinator  
Island County Human Services, 360.632.7539 Call/Text  
[t.wheeler-thompson@islandcountywa.gov](mailto:t.wheeler-thompson@islandcountywa.gov)  
<https://www.islandcountywa.gov/Humanservices/Pages/Home.aspx>





**Download:**  
<https://www.nami.org/Support-Education/Publications-Reports/Guides/Navigating-a-Mental-Health-Crisis>

## ■ HOSPITALS-INPATIENT BEHAVIORAL HEALTHCARE

### ► Providence Hospital Behavioral Health

Watch for Providence Hospital Inpatient Unit for Behavioral Health on Everett Colby Campus (Opening summer 2021)

### ► Island Hospital Behavioral Healthcare

**360-299-4297 Open M-F** Anacortes

### ► Skagit Valley Hospital Behavioral Health

**360-814-2422** Mount Vernon

### ► Seattle Children's Hospital Psychiatry & Behavioral Medicine

**206-987-2164**

Non-emergency visits, need referral by child's doctor. \* Contact crisis lines in emergency

### ► Fairfax Behavioral Health

**425-296-0019**, A private, free-standing mental health hospital with locations in Kirkland, Everett and Monroe.

## ■ BEHAVIORAL HEALTH STABILIZATION CENTER/ SUBSTANCE USE DISORDERS

**Iuha Stabilization Center in Oak Harbor is built and just**

**waiting to be licensed before opening in late February 2021.**

A voluntary sub-acute detox short-term residential facility for people experiencing a mental health crisis or substance use issues. Pioneer Human Services, a Seattle-based nonprofit, will operate the facility. The 10-bed, \$6 million facility will serve Island, Skagit and San Juan Counties.

### ► Washington Recovery Help Line: **866-789-1511 (24/7)**

Anonymous/confidential help for problems with substance use disorders  
<http://www.warecoveryhelpline.org/>

## ■ OUTPATIENT BEHAVIORAL HEALTHCARE & SUBSTANCE USE SERVICES

Note: Recommended you first contact your insurance company to locate nearest provider

### ► Washington's Mental Health Referral Service for Children and Teens

**833-303-5437**

Maintained by Seattle

Children's Hospital

<https://www.seattlechildrens.org/clinics/psychiatry-and-behavioral-medicine>

### ► Catholic Community Services Burlington

**888-504-9992**

### ► Compass Health

(Medicaid Only)

Oak Harbor **360-682-4100**,

Coupeville **360-678-5555**,

Mount Vernon **360-419-3500** or

**360-419-3555**

### ► didg'w'alič

Wellness Center, Anacortes

**360-588-2800**

### ► Sea Mar

Oak Harbor

(Medicaid Only) **360-679-7676**,

Anacortes **360-293-8007**,

Mount Vernon **360-419-3555**

or **360-542-8810**

### ► Sunrise Behavioral Health (Medicaid Only)

Mount Vernon/Anacortes/Concrete

**360-336-3762**

### ► Sunrise Oak Harbor

(Medicaid only) **360-544-3806**

Outpatient Clinic, Mount Vernon

**360-848-8500**

### ► Island County Early Childhood Behavioral Health Support

**360-678-2346 (Mon-Sun)**

Providing resources and one-to-one coaching for parents of children aged birth-5

### ► Locating a Therapist

For those with private insurance:

<https://www.psychologytoday.com/us/therapists/washington>

### ► Providence Hospital Behavioral Health Urgent Care Everett

**425-261-4210 (M-F)**

Offering virtual appointments for those unable to come in person.

<https://www.heraldnet.com/life/urgent-mental-health-care-clinic-a-rarity-opens-in-everett/>

### ► Washington Recovery Helpline: **866-789-1511 (24/7)**

Anonymous/confidential help for problems with substance use disorders <http://www.warecoveryhelpline.org/>

### ► Island County Opioid Outreach

**360-678-8295**

### ► Island County Outreach Behavioral Health

**360-678-2346 (M-F)**

### ► Snohomish Overdose Prevention

<https://snohomishoverdoseprevention.com/treatment-options/>

**Call the NAMI Helpline at 800-950-6264 (M-F)**  
**Or in a crisis, text "NAMI" to 741741 for 24/7, confidential, free crisis counseling**



## ■ SUPPORT GROUPS

### ► Ala-Non

Are you worried about someone's alcohol or substance use issues?

Virtual meetings are available during the pandemic in lieu of face-to-face meetings <https://al-anon.org/>

### ► Alcoholics Anonymous

Need help with a drinking problem?

<https://www.aa.org/>

### ► Narcotics Anonymous

Are you in recovery and want to meet with others to stay clean?

<https://www.na.org/>

### ► NAMI (National Alliance on Mental Illness)

Dedicated to building better lives for the millions of Americans affected by mental illness.

See Washington websites for list of educational courses and support groups.

<https://namiwa.org/>

### ► Skagit Valley Reach Center

(peer-run center with support groups/classes) Mount Vernon

**360-873-8635**

## ■ BEHAVIORAL/MENTAL HEALTH ADVOCATE

The North Sound Behavioral Health Ombuds

**360-416-7004**

[nsbhombuds@communityactionskagit.org](mailto:nsbhombuds@communityactionskagit.org)

Call if you feel your rights have been violated or you're not receiving adequate services; serves Island, San Juan, Skagit, Snohomish and Whatcom Counties.

## ■ LEGAL RESOURCES

### CLEAR (Coordinated Legal Education, Advice and Referral),

A toll-free legal hotline for people with low incomes.

**888-201-1014 (M-F)**

Services are targeted to problems that affect basic needs such as housing, income, medical care and family safety. A project of Northwest Justice Project whose vision is to provide "Justice for all low-income people in Washington."

Go to <https://nwjustice.org/home>.



## ■ GENERAL ASSISTANCE

Call 2-1-1 or search

<https://search.wa211.org/>

for free confidential community service and your one-stop connection to the local services you need, from utility assistance, food, housing, health, child care, after school programs, elder care, crisis intervention and more.

### ► Washington Listens

**833-681-0211**

Provides non-clinical support to people who feel sad, anxious, or stressed due to COVID-19.

Washington Listens is free and anonymous. Any Washington resident can call and a support specialist will listen and help guide you to connections within your community.

Go to: [www.Walistsens.org](http://www.Walistsens.org)

### ► Opportunity Council

Oak Harbor

**360-679-6577**

**(Mon-Fri 9am-4pm)**

Helps people improve their lives through education, support and direct assistance while advocating for just and equitable communities. Basic Needs, Childcare resources, Food/Nutrition, Home/Energy, Housing, Job Skills, Money Management, Kinship Care, SHIBA (Statewide Health Insurance Benefits Advisor),

Energy Assistance Program, Transportation, etc.

## ■ FOOD RESOURCES

### ► Washington State DSHS Food Benefits

No in-person services due to COVID, clients can apply via the following:

Online at: [www.waconnection.org](http://www.waconnection.org)

• Call DSHS Customer

Service Center **877-501-2233**

• Apply via paper application

(In DSHS Applications Folder)

### ► Meals on Wheels

Delivery of meals for homebound seniors (ages 60+) 3x a week Enroll through Island Senior Resources

**360-321-1600**

Whidbey Residents

**360-387-6201** or

**360-678-3373**

or Camano Island Residents

**360-321-1615**



### ► Food Banks Whidbey Island: Whidbey Island

**Nourishes** Partners with community members to ensure no child on South Whidbey Island is without food. Offering home delivery of volunteer prepared lunches to South Whidbey residents. **360-221-7787**  
<https://www.whidbeyislandnourishes.org/>

• Island Church of Whidbey, Langley, Hot Meal Service **360-221-6980, Tues & Thurs**

• St. Hubert Catholic Church, Langley, **360-221-5383**  
**Soup to Go, Wed.**

• SPIN CAFÉ Sack Meals @ Hal Ramaley Memorial Park, Oak Harbor, Pick-up Daily  
 Call **360-678-2348**

to arrange or showers or laundry service appointment.